



# SAC COUNTY PUBLIC HEALTH

## COMMUNITY HEALTH IMPROVEMENT PLAN

2023 >>>>>



“PUBLIC HEALTH, AT THE HEART OF LIFE.”

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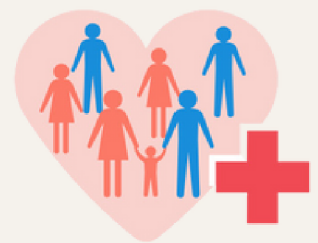
## ABOUT SAC COUNTY PUBLIC HEALTH >>>>>

SINCE 1975 SAC COUNTY HEALTH SERVICES CONTINUALLY STRIVES TO APPLY PUBLIC HEALTH KNOWLEDGE TO PROMOTE AND PRESERVE THE HEALTH OF INDIVIDUALS AND THE ENTIRE COMMUNITY, SERVING ALL AGES AND INCOME LEVELS.

THE ENTIRE AGENCY STAFF, UNDER THE DIRECTION OF THE BOARD OF HEALTH, MAINTAINS, PROMOTES AND RESTORES HEALTH THROUGH CARING, COORDINATING AND COLLABORATING WITH OTHER HEALTH PROFESSIONALS. WE RESPECT THE RIGHT OF INDIVIDUALS AND FAMILIES TO PARTICIPATE IN THE DECISION MAKING AND PLANNING REGARDING THEIR CARE WITH A GOAL OF MAINTAINING INDEPENDENCE.



**MISSION - VISION - VALUES**



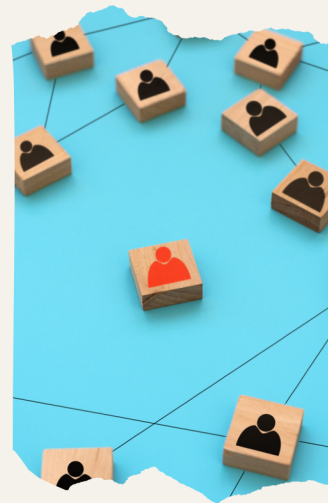
THE PUBLIC HEALTH STANDARDS AS DEFINED BY THE NATIONAL ASSOCIATION OF COUNTY AND CITY HEALTH OFFICIALS ARE:

1. MONITOR HEALTH STATUS AND UNDERSTAND HEALTH ISSUES FACING THE COMMUNITY
2. PROTECT PEOPLE FROM HEALTH PROBLEMS AND HEALTH HAZARDS
3. GIVE PEOPLE THE INFORMATION THEY NEED TO MAKE HEALTHY CHOICES
4. ENGAGE THE COMMUNITY TO IDENTIFY AND SOLVE HEALTH PROBLEMS
5. DEVELOP PUBLIC HEALTH POLICIES AND PLANS
6. ENFORCE PUBLIC HEALTH LAWS AND REGULATIONS
7. HELP PEOPLE RECEIVE HEALTH SERVICES
8. MAINTAIN A COMPETENT PUBLIC HEALTH WORKFORCE
9. EVALUATE AND IMPROVE PROGRAMS AND INTERVENTIONS
10. CONTRIBUTE TO THE EVIDENCE BASE OF PUBLIC HEALTH

# HEALTH IMPROVEMENT PLAN

**THIS HEALTH IMPROVEMENT PLAN HAS BEEN DEVELOPED IN CONJUNCTION WITH THE 2023 COMMUNITY NEEDS ASSESSMENT. THE USE OF THIS HEALTH IMPROVEMENT PLAN WILL BE CONTINUALLY USED AS A LIVING DOCUMENT AND WILL AIDE TO IMPROVE THE OVERALL HEALTH AND WELLNESS OF ALL RESIDENTS WITHIN SAC COUNTY.**

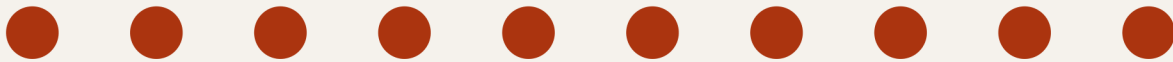
**“PUBLIC HEALTH, AT THE HEART OF LIFE.”**



# >>>>> PRIORITY #1

## MENTAL HEALTH

MENTAL HEALTH CONDITIONS AND DISORDERS AFFECT INDIVIDUALS OF ALL BACKGROUNDS REGARDLESS OF AGE, ECONOMIC STANDING, ETHNICITY, SOCIAL STANDING, OR RACE AND SOME POPULATIONS ARE MORE LARGELY AFFECTED THAN OTHERS. OUR GOALS IN ACCORDANCE WITH OUR PARTNERS IS TO CONTINUE TO GENERATE AWARENESS SURROUNDING MENTAL HEALTH TO REDUCE MENTAL ILLNESS RELATED STIGMA. SOME KEY REASONS THAT MENTAL HEALTH IS A PRIORITY WITHIN OUR COUNTY ARE AS FOLLOWS; LACK OF MENTAL HEALTH CARE PROVIDER ACCESS, AFFORDABILITY OF SERVICE, & CONNECTIONS TO SUBSTANCE ABUSE.



### **GOAL:** GENERATE AWARENESS IN RELATION TO MENTAL HEALTH & INCREASE COMMUNITY RESILIENCE

**OBJECTIVE #1:** SAC COUNTY PUBLIC HEALTH SERVICES WILL WORK ALONGSIDE HEALTH PARTNERS TO GENERATE AND CONTINUE MENTAL HEALTH AWARENESS AND PROVIDE INFORMATION TO ASSISTANCE AND ACCESS.

**STRATEGY:** PARTICIPATE WITHIN LOCAL STAKEHOLDER GROUPS TO DISCUSS AND DEVELOP INFORMATION IN REGARD TO ASSISTANCE WITH MENTAL HEALTH CARE COORDINATION. THE SAC COUNTY COALITION MEETS EVERY OTHER MONTH AND WILL BE UTILIZED TO IMPLEMENT STRATEGY AND CREATE INFORMATION STREAMLINES. DISCUSSION WILL BE COMPLETED BY DECEMBER 31, 2023 WITH CONTINUOUS ONGOING COMMUNICATIONS.  
**MEASURE:** COMMUNITY BASED EDUCATION WILL BE PROVIDED.

**OBJECTIVE #2:** SAC COUNTY PUBLIC HEALTH SERVICES WILL CONTINUE TO ASSIST FAMILIES WITH PARENTING SKILLS AND PROVIDE INFORMATION ON ACCESS AND ASSISTANCE TO THOSE STRUGGLING WITH POOR MENTAL HEALTH.

**STRATEGY:** PARTNER WITH BVCS EARLY CHILDHOOD IOWA TO SECURE FUNDING TO PROVIDE FAMILY STEPS HOME VISITATION PROGRAM SERVICES WITHIN SAC COUNTY. WE WILL MAINTAIN AND SUBMIT GRANT PROPOSALS BY REQUIRED DATE TO BVCS EARLY CHILDHOOD EDUCATION IN THE SPRING OF 2024.  
**MEASURE:** FAMILY STEPS HOME VISITATION PROGRAM SERVICES WILL BE AVAILABLE FOR FAMILIES WHO MEET QUALIFICATIONS.





# >>>>> PRIORITY #2

## NUTRITION & OBESITY

NUTRITION AND OBESITY ARE DIRECTLY LINKED AND AFFECT CAN HAVE DIRECT AFFECT ON INDIVIDUALS HEALTH AND WELLNESS. OUR GOALS IN ACCORDANCE WITH OUR PARTNERS IS TO CONTINUE TO EXPAND COMMUNITY WIDE INITIATIVES AND SERVICES RELATED TO THE EDUCATION OF NUTRITION AND OBESITY. SOME KEY FACTORS OF NUTRITION AND OBESITY BEING SITED AS A PRIORITY WITHIN OUR COUNTY ARE AS FOLLOWS; LINKS BETWEEN OBESITY AND POOR NUTRITION WITH DISEASE AND CHRONIC ILLNESS, AFFORDABILITY OF NUTRITIOUS FOODS, & RURAL ACCESS TO AFFORDABLE FOODS.



### **GOAL:** EXPAND COMMUNITY WIDE INITIATIVES AND SERVICES RELATED TO THE EDUCATION OF NUTRITION AND OBESITY

**OBJECTIVE #1:** SAC COUNTY PUBLIC HEALTH SERVICES WILL WORK ALONGSIDE HEALTH PARTNERS TO GENERATE AND CONTINUE TO PROVIDE EDUCATION RELATED TO NUTRITION AND OBESITY.

**STRATEGY:** PARTICIPATE WITHIN LOCAL HEALTH AND WELLNESS COMMITTEE, SAC FIT, TO PROVIDE EDUCATIONAL RESOURCES TO COMMUNITY MEMBERS OF ALL AGES. DISCUSSION WILL ENSUE PRIOR TO DECEMBER 31, 2023 AND COMMUNICATIONS WILL CONTINUALLY BE ONGOING.

**MEASURE:** COMMUNITY BASED EDUCATION WILL BE PROVIDED.

**OBJECTIVE #2:** SAC COUNTY PUBLIC HEALTH SERVICES WILL EXPLORE PROGRAMS AND RESOURCES TO WHICH WE CAN IMPLEMENT IN COUNTY AND IN OFFICE HEALTH AND WELLNESS PROGRAMS.

**STRATEGY:** PARTNER WITH LORING HOSPITAL NUTRITIONIST TO ENSURE EDUCATION MATERIALS IN RELATION TO DISEASES AND CHRONIC ILLNESSES RELATED DIRECTLY TO POOR NUTRITION AND OBESITY. HOST BLOOD PRESSURE CLINICS & PLAN IMPLEMENTATION OF DIABETES EDUCATION ALONGSIDE LORING HOSPITAL PARTNERS. DISCUSSION WILL ENSURE PRIOR TO DECEMBER 31, 2023 AND COMMUNICATIONS ON STRATIGIZATION WILL BE ONGOING UNTIL IMPLEMENTED AND THEREAFTER.

**MEASURE:** COMMUNITY BASED EDUCATION WILL BE PROVIDED.



# >>>>> PRIORITY #3

## SUBSTANCE ABUSE

SUBSTANCE ABUSE AND THE STIGMA SURROUNDING SUBSTANCE ABUSE HAS SHOWN TO HAVE A DIRECT AFFECT ON INDIVIDUALS BOTH MENTAL & PHYSICAL HEALTH AND WELLNESS. OUR GOALS IN ACCORDANCE WITH OUR PARTNERS IS TO CONTINUE TO INCREASE AWARENESS AND COORDINATION OF SERVICES TO IMPROVE ACCESS TO SUBSTANCE ABUSE SERVICES AND EDUCATION. SOME KEY FACTORS OF SUBSTANCE ABUSE BEING CHOSEN AS A PRIORITY WITHIN OUR COUNTY ARE AS FOLLOWS; DIRECT LINKAGES BETWEEN SUBSTANCE ABUSE AND MENTAL HEALTH, LACK OF ACCESS TO SUBSTANCE ABUSE IN PATIENT CARE OR REHABILITATION SERVICES WITHIN OUR COUNTY, LACK OF HEALTH EDUCATION IN REGARD TO SUBSTANCE ABUSE THE LONG TERM HEALTH EFFECTS THEREIN.



### **GOAL:** INCREASE AWARENESS AND COORDINATION OF SERVICES TO IMPROVE ACCESS TO SUBSTANCE ABUSE SERVICES AND EDUCATION

**OBJECTIVE #1:** SAC COUNTY PUBLIC HEALTH SERVICES WILL WORK ALONGSIDE HEALTH PARTNERS TO GENERATE AWARENESS AND PROMOTE EDUCATION ON ACCESS TO BOTH INDIRECTLY AND DIRECTLY AFFECTED PERSONS IN REGARD TO SUBSTANCE ABUSE.

**STRATEGY:** PARTNER WITH LOCAL COMMUNITY ACCESS CENTER, NEW OPPURTUNITIES, TO CONVEY EDUCATION NEEDS WITHIN LOCAL SCHOOLS AND WORKPLACES IN REGARD TO SUBSTANCE ABUSE AND ACCESS TO SERVICES AND UTILIZE PREVENTION SERVICES FOR EDUCATION BASED UPON SUBSTANCE ABUSE. PARTNERSHIP IS ONGOING WITH SPECIFIC COMMUNICATIONS TAKING PLACE PRIOR TO DECEMBER 31, 2023 AND WILL CONTINUE ONGOING.

**MEASURE:** PARTNERSHIPS WILL BE SECURED TO PROVIDE COMMUNITY BASED EDUCATION AND ACCESS TO COMMUNITY BASED EDUCATION WILL BE PROVIDED.

**OBJECTIVE #2:** SAC COUNTY PUBLIC HEALTH SERVICES WILL WORK TO PROMOTE EXSISTING COMMUNITY RESOURCES AND SERVICES THAT AID THOSE WHOM ARE STRUGGLING WITH SUBSTANCE ABUSE.

**STRATEGY:** PARTNER WITH SAC COUNTY COALITION GROUP TO MAINTAIN CURRENT EDUCATIONAL MATERIALS FROM ALL LOCAL COMMUNITY RESOURCE PROVIDERS AND WORK ALONGSIDE LOCAL COMMUNITY ACCESS CENTER, NEW OPPURTUNITIES, TO ENSURE CURRENT MATERIALS FOR COMMUNITY DISTRIBUTION. DICUSSION WILL ENSUE PRIOR TO DECEMBER 31, 2023 AND COMMUNICATIONS WILL BE ONGOING.

**MEASURE:** COMMUNITY BASED EDUCATION WILL BE PROVIDED.




## PLANS

THIS 2023 COMMUNITY HEALTH IMPROVEMENT PLAN AND THE INFORMATION IN WHICH WE HAVE RETAINED WILL BE CONTINUALLY UTILIZED TO SET GOALS AND PLAN INITIATIVES TO ASSIST TO IMPROVE THE HEALTH AND WELLNESS OF ALL RESIDENTS WITHIN SAC COUNTY. THIS COMMUNITY HEALTH IMPROVEMENT PLAN IS TO BE CONSIDERED A LIVING DOCUMENT.



## CONTACT



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